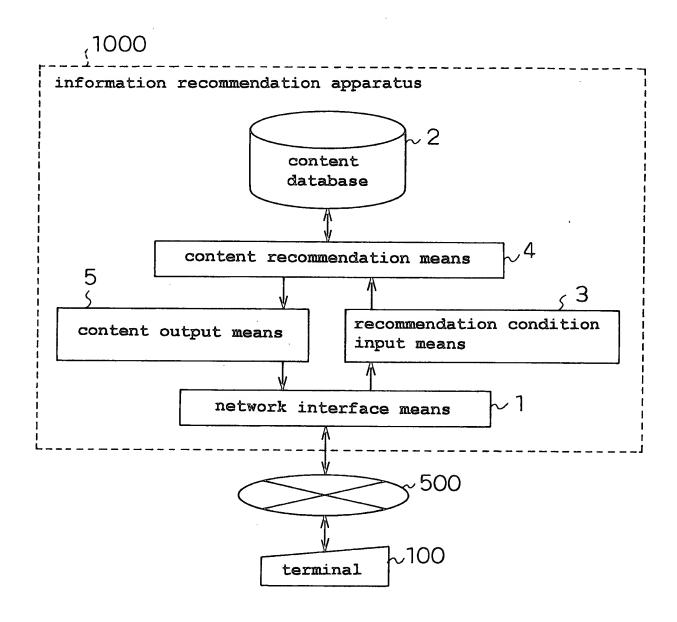
Fig. 1



821141 mg 4

Fig. 2

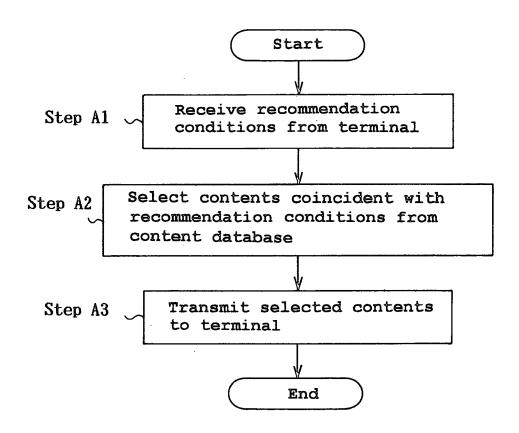


Fig. 3

Data ID	03421		
Recipe name	Hamburger		
Cooking method	Sprinkle salt and pepper on minced meat, break an egg onto the meat, and mix them well		
	Minced meat	300g	
Ingredients	Onion	1 piece	
		:	
Cooking time	30 minutes		
Calories	630kca1		
Impression	Grade of easiness	4	
	Grade of lightness	2	
	!		

Fig. 4

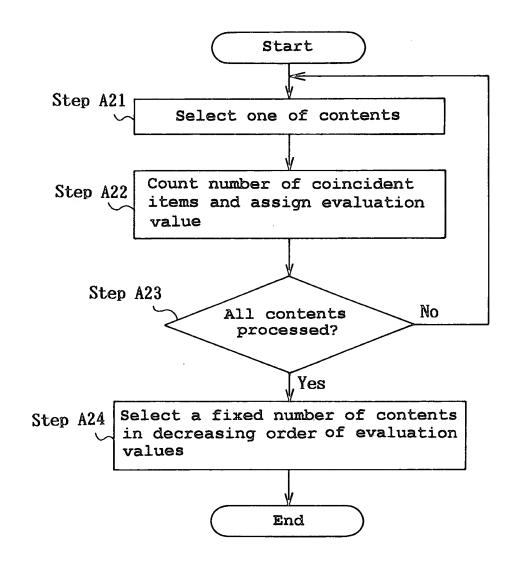


Fig. 5

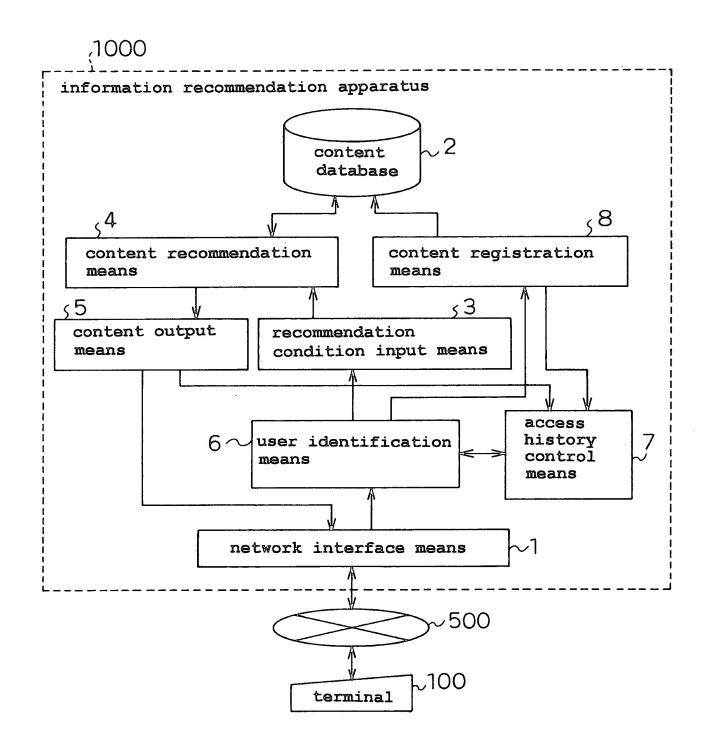


Fig. 6

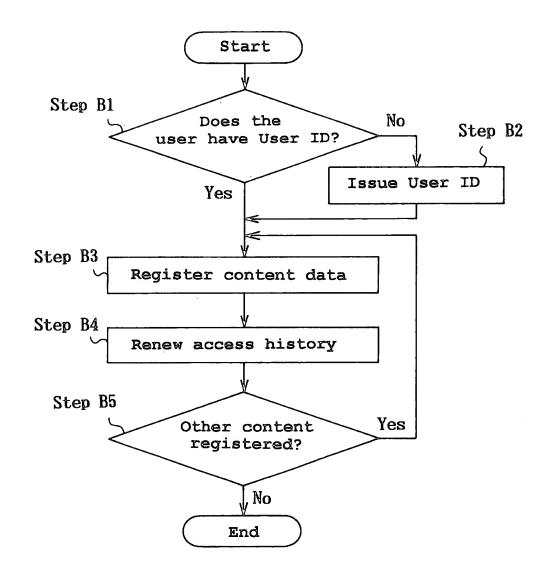


Fig. 7

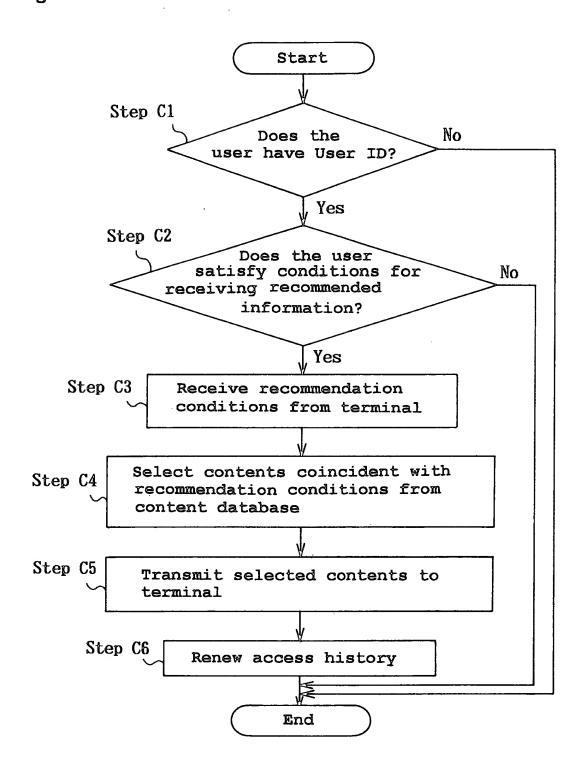
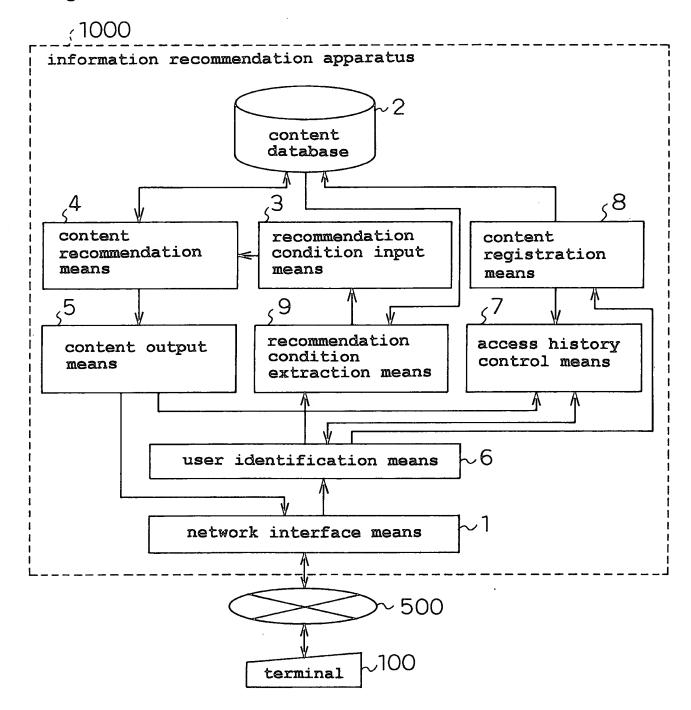


Fig. 8



995-428G .

Fig. 9

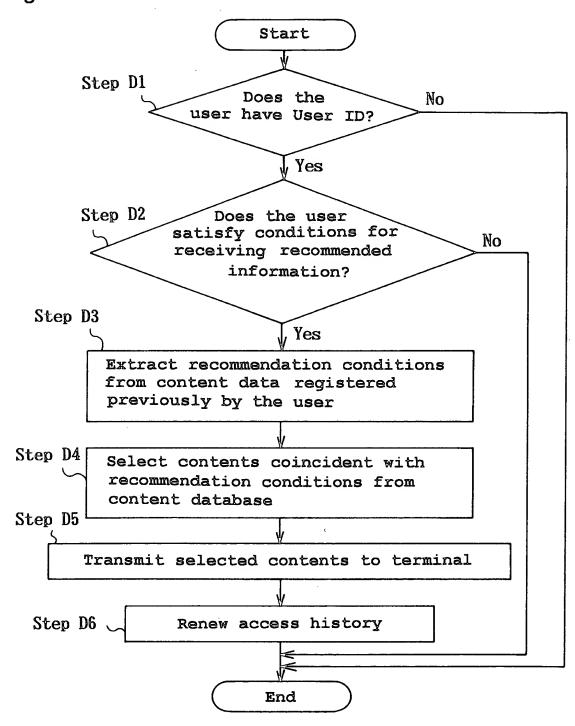


Fig. 10

Ingredient	Frequency
Pork	0. 1942812
Onion	0. 1371636
Cabbage	0.1298416
Carrot	0. 1277738
Minced meat	0. 112801
Egg	0. 111665
Tofu	0. 1035538

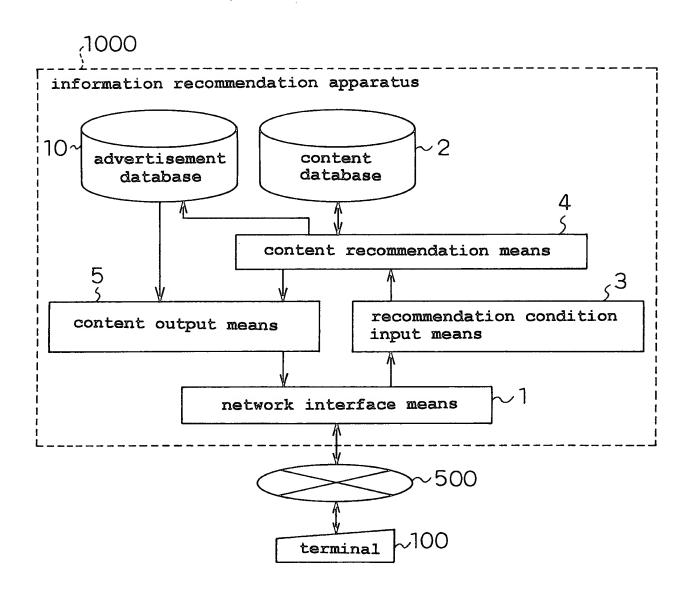
Cooking time	Frequency
20 to 30 minutes	0.143142
10 to 20 minutes	0. 130231
30 to 40 minutes	0. 120875
40 to 50 minutes	0. 31496
0 to 10 minutes	0. 20286

Calories	Frequency
500 to 600kcal	0.133679
400 to 500kca1	0.127821
200 to 300kcal	0.111312

Fig. 11

Data ID	03421	
Registrant ID	PAW24531	
Recipe name	Hamburger	
Cooking method	Sprinkle salt and pepper on minced meat, break an egg onto the meat, and mix them well	
Ingredients	Minced meat 300g	
ingreatents	Onion	1 piece
	. !	
Cooking time	30 minutes	
Calories	630kca1	
Impression	Grade of easiness 4	
	Grade of lightness	2

Fig. 12



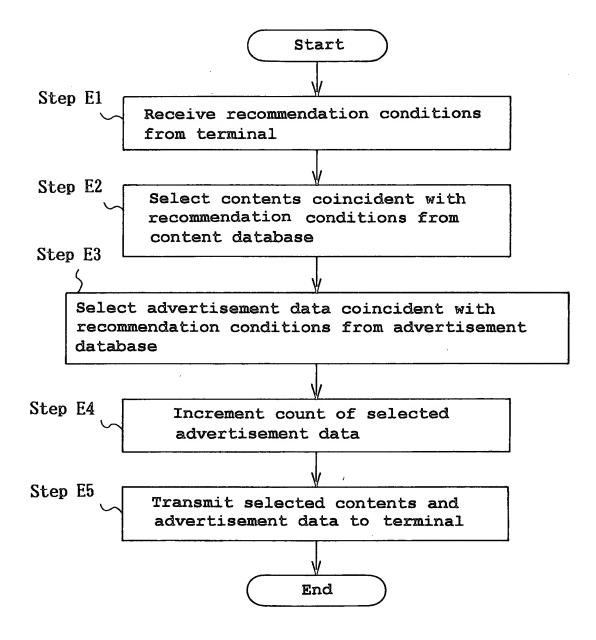


Fig. 14

Data ID	AD3041		
Counter	00453		
Advertisement	公分 When it comes to meat, come and see "Matsusakaya." ! ! 公公 Bargain sale on all days. Matsusakaya is definitely on the side of homemakers! In front of the fountain at Manrin shopping center, closed every Thursday		
Related	Ingredient	Beef	
information	Price	Low	
	i	i	

http://www.osusume-1	recipe.com
These are recipes recommended to you!	
1. Minced meat rolled in cabbage leaves	
Cooking time: 60 minutes, 430 kcal	Photo
Ingredients: cabbage, carrot,	
Cooking method:	
1. Chop cabbage coarsely ···	(//////////////////////////////////////
*** *** *** *** *** *** ***	
••• ••• ••• ••• •••	
2. Stir-fried cabbage	
Cooking time: 10 minutes, 640 kcal	Photo
Ingredients: cabbage, pork,	
Cooking method:	
1. Chop cabbage finely ···	V/////////////////////////////////////
••• ••• ••• ••• ••• •••	
••• ••• ••• ••• ••• •••	

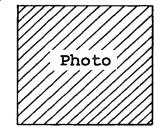
http://www.o	susume-recipe.	com
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These are recipes recommended to you!

1. Minced meat rolled in cabbage leaves

Cooking time: 60 minutes, 430 kcal Ingredients: cabbage, carrot, ... Cooking method:

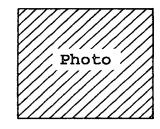
1. Chop cabbage coarsely ...



2. Stir-fried cabbage

Cooking time: 10 minutes, 640 kcal Ingredients: cabbage, pork, ... Cooking method:

1. Chop cabbage finely ...



 $^{\hfill}$ When it comes to vegetables, come and see

"Yaosuke."!!☆☆

Bargain sale on all days. Yaosuke is definitely on the side of homemakers!
At front entrance to Manrin shopping center, closed every Wednesday

Fig. 17

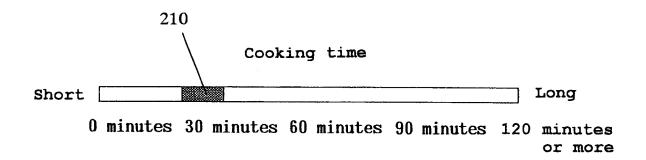


Fig. 18

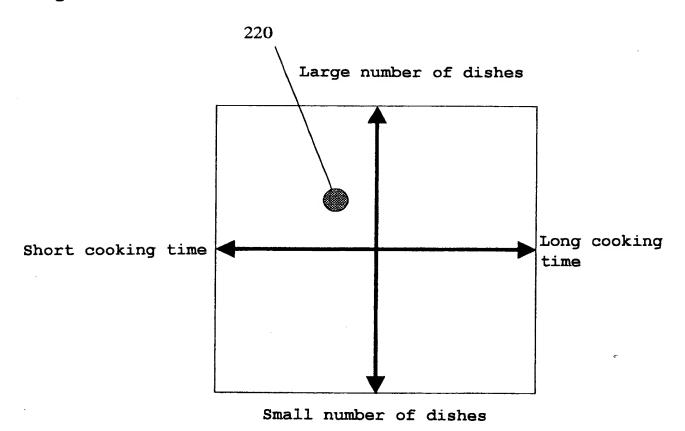


Fig. 19

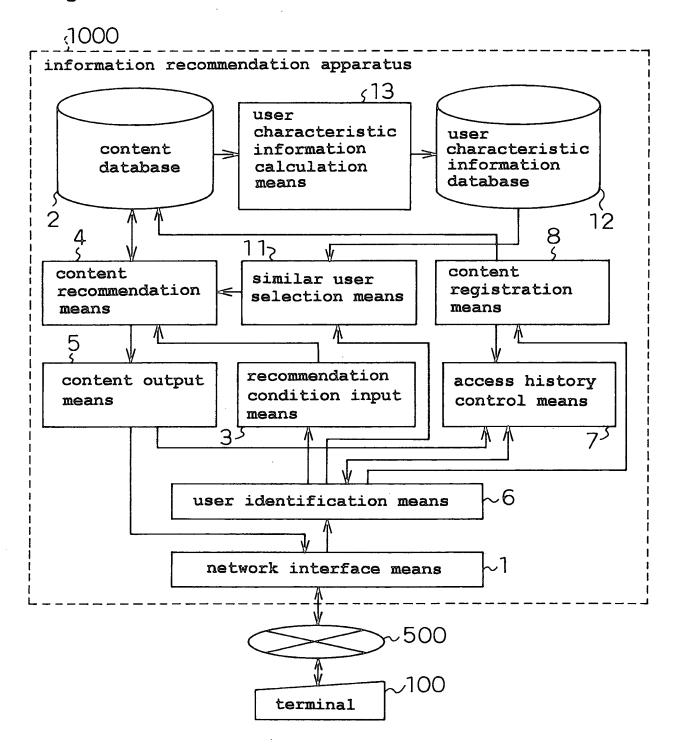


Fig. 20

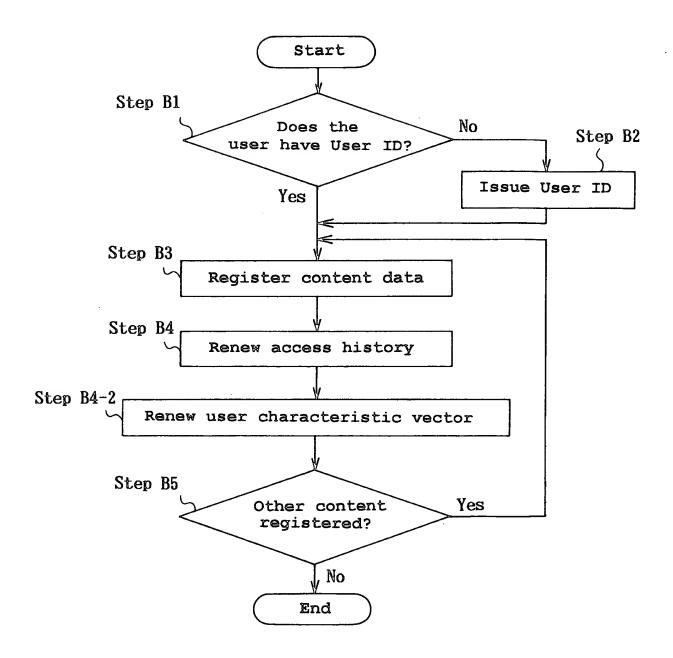


Fig. 21

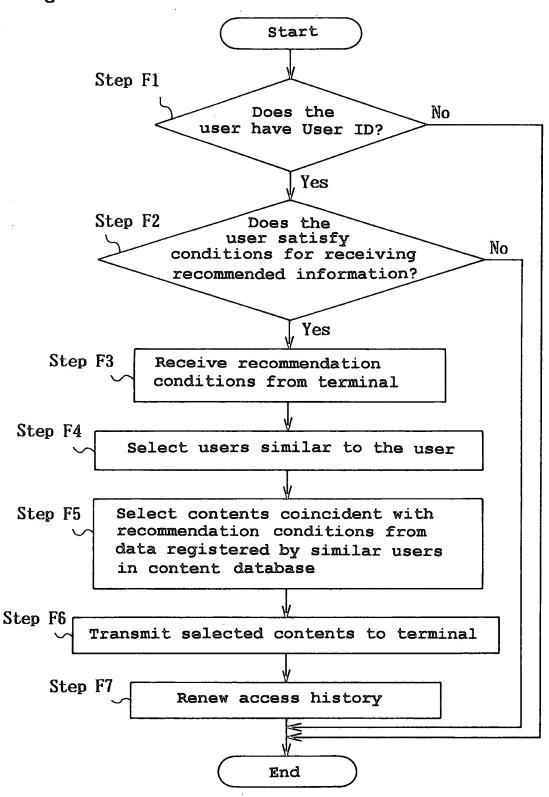


Fig. 22

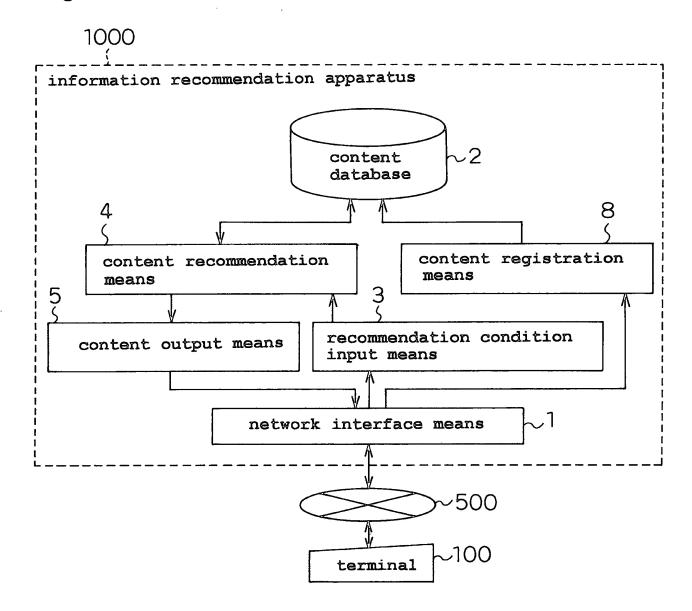


Fig. 23

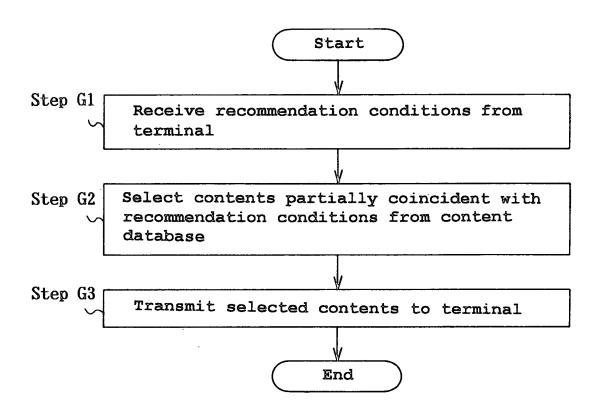


Fig. 24

Data ID	03421		
Recipe name	Hamburger		
Cooking method	Sprinkle salt and pepper on minced meat, break an egg onto the meat, and mix them well ···		
Ingredients	Minced meat	300g	
ingrearencs	Onion	1 piece	
	i	į .	
Recipe name	Potato salad		
Cooking method	Boil potato,		
Ingredients Potato		2 pieces (middle size)	
	Carrot	1 piece	
	:	1	

Fig. 25

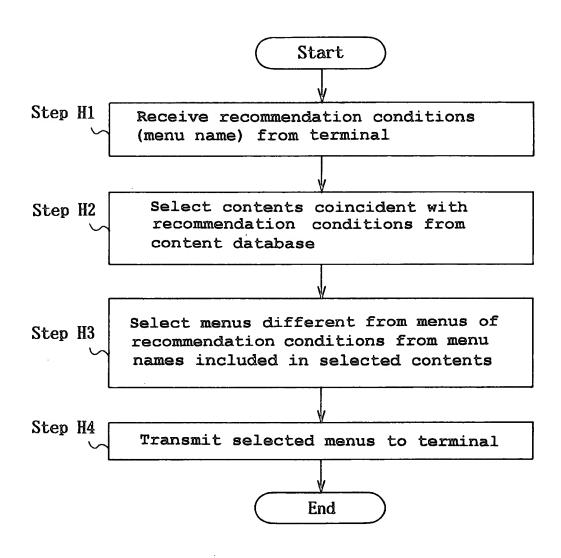


Fig. 26

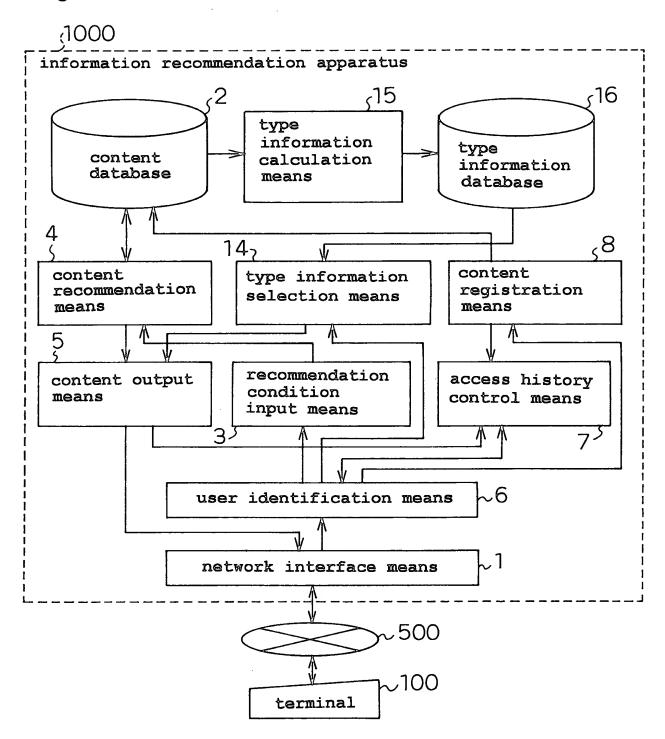


Fig. 27

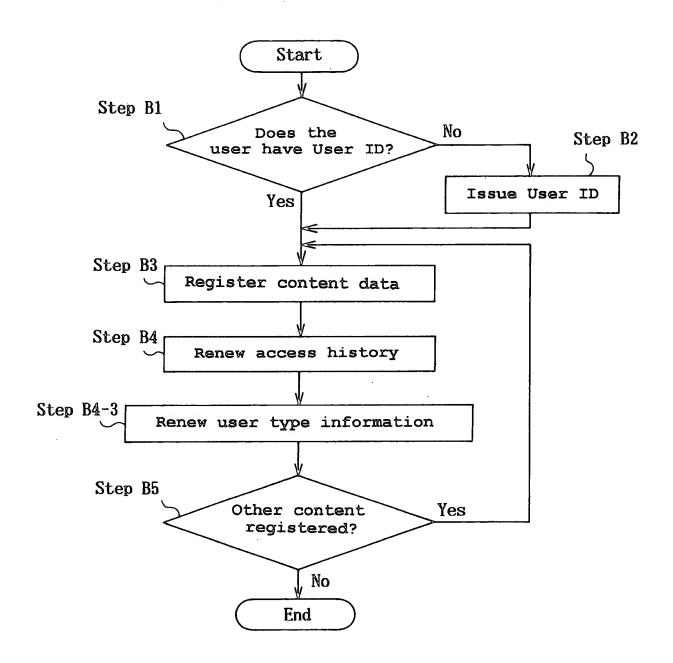
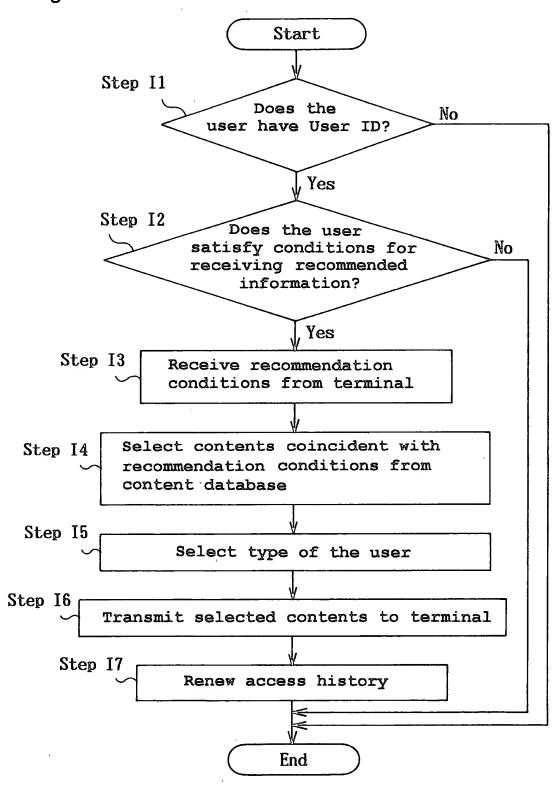


Fig. 28





http://www.osusume-reci	pe.com
These are recipes recommended to you, "company employee living in the Kansai	area."
 Minced meat rolled in cabbage leaves Cooking time: 60 minutes, 430 kcal Ingredients: cabbage, carrot, Cooking method: Chop cabbage coarsely 	Photo
<pre>2. Stir-fried cabbage Cooking time: 10 minutes, 640 kcal Ingredients: cabbage, pork, Cooking method: 1. Chop cabbage finely</pre>	Photo